

DIETETICS

A MEDICAL DICTIONARY, BIBLIOGRAPHY,
AND ANNOTATED RESEARCH GUIDE TO
INTERNET REFERENCES



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ICON Health Publications
ICON Group International, Inc.
4370 La Jolla Village Drive, 4th Floor
San Diego, CA 92122 USA

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Printed in the United States of America.

Last digit indicates print number: 10 9 8 7 6 4 5 3 2 1

Publisher, Health Care: Philip Parker, Ph.D.
Editor(s): James Parker, M.D., Philip Parker, Ph.D.

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Cataloging-in-Publication Data

Parker, James N., 1961-
Parker, Philip M., 1960-

Dietetics: A Medical Dictionary, Bibliography, and Annotated Research Guide to Internet References / James N. Parker and Philip M. Parker, editors

p. cm.

Includes bibliographical references, glossary, and index.

ISBN: 0-497-00361-9

1. Dietetics-Popular works. I. Title.

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Acknowledgements

The collective knowledge generated from academic and applied research summarized in various references has been critical in the creation of this book which is best viewed as a comprehensive compilation and collection of information prepared by various official agencies which produce publications on dietetics. Books in this series draw from various agencies and institutions associated with the United States Department of Health and Human Services, and in particular, the Office of the Secretary of Health and Human Services (OS), the Administration for Children and Families (ACF), the Administration on Aging (AOA), the Agency for Healthcare Research and Quality (AHRQ), the Agency for Toxic Substances and Disease Registry (ATSDR), the Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), the Healthcare Financing Administration (HCFA), the Health Resources and Services Administration (HRSA), the Indian Health Service (IHS), the institutions of the National Institutes of Health (NIH), the Program Support Center (PSC), and the Substance Abuse and Mental Health Services Administration (SAMHSA). In addition to these sources, information gathered from the National Library of Medicine, the United States Patent Office, the European Union, and their related organizations has been invaluable in the creation of this book. Some of the work represented was financially supported by the Research and Development Committee at INSEAD. This support is gratefully acknowledged. Finally, special thanks are owed to Tiffany Freeman for her excellent editorial support.

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FORWARD

In March 2001, the National Institutes of Health issued the following warning: "The number of Web sites offering health-related resources grows every day. Many sites provide valuable information, while others may have information that is unreliable or misleading."¹ Furthermore, because of the rapid increase in Internet-based information, many hours can be wasted searching, selecting, and printing. Since only the smallest fraction of information dealing with dietetics is indexed in search engines, such as **www.google.com** or others, a non-systematic approach to Internet research can be not only time consuming, but also incomplete. This book was created for medical professionals, students, and members of the general public who want to know as much as possible about dietetics, using the most advanced research tools available and spending the least amount of time doing so.

In addition to offering a structured and comprehensive bibliography, the pages that follow will tell you where and how to find reliable information covering virtually all topics related to dietetics, from the essentials to the most advanced areas of research. Public, academic, government, and peer-reviewed research studies are emphasized. Various abstracts are reproduced to give you some of the latest official information available to date on dietetics. Abundant guidance is given on how to obtain free-of-charge primary research results via the Internet. **While this book focuses on the field of medicine, when some sources provide access to non-medical information relating to dietetics, these are noted in the text.**

E-book and electronic versions of this book are fully interactive with each of the Internet sites mentioned (clicking on a hyperlink automatically opens your browser to the site indicated). If you are using the hard copy version of this book, you can access a cited Web site by typing the provided Web address directly into your Internet browser. You may find it useful to refer to synonyms or related terms when accessing these Internet databases. **NOTE:** At the time of publication, the Web addresses were functional. However, some links may fail due to URL address changes, which is a common occurrence on the Internet.

For readers unfamiliar with the Internet, detailed instructions are offered on how to access electronic resources. For readers unfamiliar with medical terminology, a comprehensive glossary is provided. For readers without access to Internet resources, a directory of medical libraries, that have or can locate references cited here, is given. We hope these resources will prove useful to the widest possible audience seeking information on dietetics.

The Editors

¹ From the NIH, National Cancer Institute (NCI): <http://www.cancer.gov/cancerinfo/ten-things-to-know>.

CHAPTER 1. STUDIES ON DIETETICS

Overview

In this chapter, we will show you how to locate peer-reviewed references and studies on dietetics.

The Combined Health Information Database

The Combined Health Information Database summarizes studies across numerous federal agencies. To limit your investigation to research studies and dietetics, you will need to use the advanced search options. First, go to <http://chid.nih.gov/index.html>. From there, select the "Detailed Search" option (or go directly to that page with the following hyperlink: <http://chid.nih.gov/detail/detail.html>). The trick in extracting studies is found in the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer, and the format option "Journal Article." At the top of the search form, select the number of records you would like to see (we recommend 100) and check the box to display "whole records." We recommend that you type "dietetics" (or synonyms) into the "For these words:" box. Consider using the option "anywhere in record" to make your search as broad as possible. If you want to limit the search to only a particular field, such as the title of the journal, then select this option in the "Search in these fields" drop box. The following is what you can expect from this type of search:

- **Model for Dietetics Practice and Research: The Challenge is Here, but the Journey was not Easy (editorial)**

Source: Journal of the American Dietetic Association. 93(7): 755-757. July 1993.

Contact: Available from American Dietetic Association. 216 West Jackson Boulevard, Suite 800, Chicago, IL 60606-6995. (800) 877-4746.

Summary: The authors of this commentary contend that, as the nation is challenged to provide the best health care at a reasonable cost, dietitians should actively promote themselves as vital partners in the quest for health promotion and disease prevention. Topics covered include the Diabetes Control and Complications Trial (DCCT) and how it can serve as a model for **dietetics** practice and research; diabetes care as a paradigm; obstacles to implementing the model; and the challenge for the future, particularly the

need for mentoring. The authors stress that dietitians need to examine their strengths, obtain expertise in their areas of interest, educate nondietitians and investigators about the benefits of using dietitians' skills in the clinical and research environments, and continue to develop the mentoring system. 1 figure. 15 references.

- **Obesity and the Metabolic Syndrome: Implications for Dietetics Practitioners**

Source: J Am Diet Assoc. 104(1):86-89. January 2004.

Summary: The metabolic syndrome includes laboratory and physical findings such as central obesity, insulin resistance, hypertension, high triglycerides, low HDL-cholesterol, and several abnormalities in clotting and inflammatory markers. Twenty-four percent of adult Americans have the metabolic syndrome. Central location of fat and release of fatty acids and cytokines from enlarged fat cells in the intra-abdominal fat tissue provide the primary agents that incite this syndrome. Identifying dietary and lifestyle factors, including low levels of physical activity, are important in designing a diet and exercise program that can help patients with the metabolic syndrome to reduce negative health consequences.

- **Gastrointestinal Disorders: Roles of Nutrition and the Dietetics Practitioner**

Source: Journal of the American Dietetic Association. 98(3): 272-277. March 1998.

Summary: This article outlines the roles of nutrition and **dietetics** practitioners in the overall management of patients with gastrointestinal (GI) problems. The author stresses that because of their training and experiences in the areas of food, nutrition, and management, **dietetics** practitioners have the opportunity to make an important contribution to the care of patients with GI disorders. The author discusses the development of screening and assessment programs; the evaluation of nutritional status in GI disorders; the development of protocols, standards of care, and critical pathways; quality improvement and assessment; the role of research; roles in working with both ambulatory and inpatient clients; putting lactose intolerance into perspective; indigestion associated with ingestion of spicy foods; the role of **dietetics** practitioners in the care of patients with inflammatory bowel disease (IBD) or those with short-bowel syndrome; and the evaluation of enteral formulas for nutrition support. The author notes that most people are relieved to learn that common GI problems are relatively innocuous and are easily explained by well-established food physiology mechanisms. However, many people cling to myths and their own beliefs about foods and their body's reactions to them. It is the role of the **dietetics** professional to guide clients to a more rational, science-based understanding of food physiology mechanisms. The author concludes that application of the more artistic side of **dietetics**, involving human relations, counseling, and management, can be equally valuable when replacing practices based on conjecture and old paradigms with sound standards of care. 2 tables. 48 references.

- **Renal Dietetics in Japan: A Perspective**

Source: Journal of Renal Nutrition. 1(2): 84-87. April 1991.

Summary: This article reports on an International Dietitians' Meeting that was organized as part of the 11th International Congress of Nephrology in Tokyo during July 1990. The specialization of renal **dietetics** in Japan is in the early stages of development. The authors discuss the differences between the Japanese and American renal diet recommendations, including cultural influences on patient compliance with diet therapy. The authors note that the Western influence of fast food franchises and life-

style changes with increased incidence of hypertension, heart attack, and stroke, are beginning to heighten the awareness in Japan of the need for prevention of chronic diseases. 3 figures. 1 table. 4 references. (AA-M).

Federally Funded Research on Dietetics

The U.S. Government supports a variety of research studies relating to dietetics. These studies are tracked by the Office of Extramural Research at the National Institutes of Health.² CRISP (Computerized Retrieval of Information on Scientific Projects) is a searchable database of federally funded biomedical research projects conducted at universities, hospitals, and other institutions.

Search the CRISP Web site at http://crisp.cit.nih.gov/crisp/crisp_query.generate_screen. You will have the option to perform targeted searches by various criteria, including geography, date, and topics related to dietetics.

For most of the studies, the agencies reporting into CRISP provide summaries or abstracts. As opposed to clinical trial research using patients, many federally funded studies use animals or simulated models to explore dietetics. The following is typical of the type of information found when searching the CRISP database for dietetics:

- **Project Title: BPDiets DIETARY INTERVENTION TOOL-HYPERTENSION**

Principal Investigator & Institution: Knebel, Ellen J.; Targeted Dietetics, Inc. Box 2893 Merrifield, Va 22116

Timing: Fiscal Year 2003; Project Start 15-JAN-2003; Project End 16-JUL-2003

Summary: (provided by investigator): Dietary modifications are recognized as an integral part of adjuvant medical management for the treatment of high blood pressure—a disease that affects over 50 million US adults, and which middle-age Americans face an estimated 90% lifetime risk. The current challenge is how to facilitate meaningful long-term lifestyle and nutritional changes in hypertensive patients that overcomes patient, physician, and lifestyle barriers. Targeted Dietetics' Web-Based Dietary Intervention Tool for High Blood Pressure (BPDiets™) may provide an excellent resource for physicians, health professionals, and case managers, to facilitate long-term dietary changes in adults with hypertension. The tool locates "meals" that fit with anti-hypertensive diets and individual tastes (from restaurant, make-at-home, a la carte, ethnic, and frozen selections). Currently listing >150 meals the BPDiets™ tool enables users to: auto-generate their own menus; interact with registered dietitians specializing in hypertension online, self-monitor, and more. Phase 1 Feasibility Trials will aim to further understand the unique needs of the target user group, and improve the BPDiets™ tool to ensure the greatest utilization by target users. Phase 2 Efficacy Trials will test the hypothesis that a program of dietary modification using the BPDiets™ tool, can improve blood pressure control in adults who have Hypertension.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

² Healthcare projects are funded by the National Institutes of Health (NIH), Substance Abuse and Mental Health Services (SAMHSA), Health Resources and Services Administration (HRSA), Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDCP), Agency for Healthcare Research and Quality (AHRQ), and Office of Assistant Secretary of Health (OASH).

- **Project Title: CORE--CLINICAL RESEARCH CORE**

Principal Investigator & Institution: Knopp, Robert; University of Washington Grant & Contract Services Seattle, Wa 98105

Timing: Fiscal Year 2002

Summary: This abstract is not available.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: DIET/INTRAMYOCYLLULAR LIPID/ENDURANCE PERFORMANCE**

Principal Investigator & Institution: Larson-Meyer, D Enette.; None; Lsu Pennington Biomedical Research Ctr 6400 Perkins Rd Baton Rouge, La 70808

Timing: Fiscal Year 2003; Project Start 01-JUL-2003; Project End 28-FEB-2006

Summary: (provided by applicant): For this Career Development Award application, I will capitalize and build on my past training experience which includes: a) a Master's Degree in Clinical **Dietetics**; b) experience as a Research Dietitian at the NIDDK in Phoenix, during which I investigated the relationship between food intake and energy metabolism; c) a Doctorate Degree from the University of Alabama at Birmingham, where my research focused on the use of ³¹P Magnetic Resonance (MR) Spectroscopy to measure skeletal muscle metabolism; and d) a Post-doctoral Fellowship at UAB where I used ¹H MR Spectroscopic Imaging to look at the impact of dietary fat on intramyocellular lipid content. As part of my overall project "Impact of Diet on Intramyocellular Lipid, Endurance Performance and Insulin Sensitivity", I am proposing to learn research skills that will help complement my current knowledge/capabilities. These skills include the technologies for measuring: a) skeletal muscle lipid and glycogen content by biochemical and histochemical techniques; b) muscle fat infiltration by computed tomography; c) intracellular lipid content in liver using ¹H MR spectroscopy; d) carbohydrate metabolism using ¹³C- MR spectroscopy; e) insulin sensitivity by the hyperinsulinemic euglycemic clamp; and f) lipid metabolism using stable isotope infusion. I will also increase my knowledge of basic exercise physiology techniques, clinical research administration and bioethics. My project involves three individual studies (projects) that have been peer reviewed and funded. Project 1 will address whether differences in the amount of fat stored within the skeletal muscle as a result of endurance exercise and either a very-low fat or moderate-fat diet will result in differences in endurance performance. Project 2 will focus on the influence of either a low-fat or a moderate fat diet on adaptation to 16-weeks of exercise training. Project 3 will test whether lipid content in skeletal muscle and liver correlates positively with abdominal subcutaneous adipocyte size in type 2 diabetics and obese non-diabetics, and negatively with insulin sensitivity. My involvement in these projects will provide the perfect opportunity to develop these research skills. To achieve my career development goals, I will be mentored by: Drs Eric Ravussin (Sponsor), Claude Bouchard, Donna H. Ryan, David E. Kelley, Gerald I. Shulman and Mark A. Tarnopolsky (consulting sponsors). Completion of this mentored training will position me to achieve my long-term career objective of becoming an independent investigator with expertise in energy and macronutrient metabolism. There is ample equipment and facilities at the Pennington Center to support the projects and career development plan proposed.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: DIETARY CHANGE IN FAMILIES OF PRESCHOOL CHILDREN**

Principal Investigator & Institution: Davis, Marsha; Associate Professor; Human and Organizational Development; Vanderbilt University 3319 West End Ave. Nashville, Tn 372036917

Timing: Fiscal Year 2004; Project Start 01-JUN-2004; Project End 31-MAY-2006

Summary: (provided by applicant): Dietary factors, particularly insufficient consumption of fruit, 100% juice, and vegetables (F) have been associated with major types of cancer, chronic disease and obesity. Low-income preschool children do not eat the recommended number of FV. There is substantial evidence that children's food preferences and eating patterns are initiated early in life and parents are the primary influence on the child's emerging food habits. Few programs have been developed for high risk, low-income preschool children. A very limited number of dietary intervention studies have been conducted in preschool children and most have been implemented in child-care settings. None have a strong parental component. None have been family-based. This study will develop and pilot a family-based intervention aimed at influencing the preschool child's dietary intake through changes in parent FV consumption, availability and accessibility of FV in the home, parent modeling, and parent-child communication. The Specific Aims are to: 1. Employ focus groups methodologies to learn more about specific factors influencing parent and child FV intake in our target population; 2. Translate discovered knowledge into specific and tailored intervention messages and materials; 3. Conduct additional focus groups to confirm that the intervention messages and proposed delivery channels are salient, culturally relevant and sensitive; 4. Identify implementation, recruitment and retention procedures best suited to the target population; 5. Develop preliminary instruments and protocols to implement and evaluate the intervention; 6. Conduct a pilot survey to pre-test intervention materials and instrumentation; 7. Estimate parameters required to properly design and power an anticipated group-randomized trial assessing the efficacy of the newly developed intervention program. Our goal is to utilize the work proposed in this R2 I application so as to submit a rigorous intervention-evaluation study, under the RO I mechanism.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: EFFECTS OF DIETARY ALUMINUM ON AMYLOIDOSIS IN A TRANSGE***

Principal Investigator & Institution: Pratico, Domenico; Assistant Professor; Pharmacology; University of Pennsylvania 3451 Walnut Street Philadelphia, Pa 19104

Timing: Fiscal Year 2002; Project Start 15-SEP-2001; Project End 31-AUG-2003

Summary: (provided by applicant) The long-term objective of this proposal is to determine the functional role that dietary aluminum (Al) plays in vivo in Alzheimer's disease (AD)-like amyloidosis. Epidemiological studies have implicated Al exposure in AD pathogenesis, and its known capacity to exacerbate oxidative events has been suggested as a possible mechanism of its neurotoxicity. However, conflicting results have also been reported. Isoprostanes are sensitive and specific markers of in vivo lipid peroxidation and oxidative stress. Recently, the investigators have shown that isoprostane biosynthesis is increased in a transgenic mouse model of AD amyloidosis, the Tg2567, and that this increase precedes the onset of detectable amount of brain amyloid Beta (ABeta) levels and plaque deposition. In Specific Aim 1, the researchers will investigate whether or not dietary Al exacerbates in vivo oxidative stress and lipid peroxidation in Tg2567 mice, and whether this will lead to an earlier development of the

AD-like amyloidosis and behavioral changes. In Specific Aim 2, they will test the hypothesis that dietary antioxidant, vitamin E, by suppressing isoprostane biosynthesis, will delay the accumulation of amyloid B and the onset of amyloid plaque deposition and ameliorate the behavioral impairment in Tg2567 mice. In summary, these studies will elucidate the controversial role of dietary Al as a potential pathogenetic factor in AD development. These studies will investigate its role as modulator of brain oxidative damage and lipid peroxidation and subsequent amyloid deposition in a model of AD amyloidosis. Such data will provide new insights into the relationship between Al exposure and AD. These studies are a necessary prelude to understand some of the mechanisms by which this nutritional factor may contribute to the initiation and progression of AD. This could lead to future novel therapeutic approaches for this devastating disease.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: GLYCEMIC INDEX OF MIXED MEALS**

Principal Investigator & Institution: Poretzky, Leonid; Weill Medical College of Cornell Univ New York, Ny 10021

Timing: Fiscal Year 2003

Summary: This abstract is not available.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: MBRS SCORE AT THE UNIVERSITY OF TEXAS-PAN AMERICAN**

Principal Investigator & Institution: Bastida, Elena M.; Professor; Sociology; University of Texas-Pan American 1201 W University Dr Edinburg, Tx 78539

Timing: Fiscal Year 2002; Project Start 01-JUN-1977; Project End 31-JUL-2006

Summary: (provided by applicant): The goal of the MBRS-SCORE Program at The University of Texas Pan American is to help support the development of a research infrastructure of excellence in the biomedical sciences on our campus. The current program is designed to facilitate this process by requesting research funds to support the research endeavors of some of its most talented faculty, staff and student researchers. This SCORE application is bolstered by the number of subproject submissions, which more than doubled between 1997 and 2001. In this proposal twenty faculty members will be involved in seventeen subprojects. These investigators represent a record number of departmental involvement bringing together faculty from the departments of biology, chemistry, sociology, psychology, nursing, **dietetics**, economics, anthropology and engineering. Thus the SCORE program at UTPA will be addressing health problems from a broad and diverse perspective. Subprojects range in topic from basic research in the mechanism of anticarcinogenic effects of myristicin that may provide protection against cancer, novel synthesis of medicinal drugs via organometallic agents, toxicity of metabolism of chemical mixtures to broad social-behavioral concerns affecting health policy and the interaction of social and biological factors that influence health outcomes and represent critical avenues for treatment and prevention. Moreover, a primary objective of the proposed SCORE application is to increase the number of underrepresented groups participating in the biomedical sciences. This will be accomplished by expanding the opportunities for underrepresented researchers and students, mostly Hispanic (Latino), and by fostering an engaging research culture on campus that will promote quality graduate education in South Texas. Our geographical location and our high Hispanic enrollment with many of

our students of a migrant-farmwork background provide us with all the necessary requisites to successfully fulfill this endeavor.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: MORTALITY & MORBIDITY IN HEMODIALYSIS PATIENTS**

Principal Investigator & Institution: Daugirdas, John T.; Professor; Medicine; University of Illinois at Chicago 1737 West Polk Street Chicago, IL 60612

Timing: Fiscal Year 2001; Project Start 30-SEP-1994; Project End 31-AUG-2004

Summary: This trial is designed to evaluate survival as well as a number of secondary outcomes (hospitalization for cardiovascular disease, infection, or other non-access-related causes, declining body weight, or declining serum albumin level) in patients randomly assigned to one of four groups: (A) moderate-dose dialysis, low-flux cellulose membrane, (B) high-dose dialysis, low-flux cellulose membrane, (C) moderate-dose dialysis, high-flux synthetic membrane, (D) high-dose dialysis, high-flux synthetic membrane. Each Clinical Center will randomize sufficient patients among these 4 groups such that at least 60 patients are enrolled at all times. The patients will be followed for a 5-year period, replacing deaths or dropouts as they occur with new patients. An 18-month recruitment phase is followed by a 5-year follow-up/intervention phase, and a 6-month closeout phase. Our Clinical Center is uniquely qualified to successfully participate in this study. It is a partnership between the University of Illinois College of Medicine and West Suburban Kidney Centers, a corporation of 14 dialysis units treating 1400 patients in the Chicago area. The study will be performed at the University of Illinois dialysis unit, as well as in 3 nearby units of the WSKC. According to the patient eligibility criteria set out by the Draft MMHD Protocol, we already have identified 220 patients in these 4 units who are eligible for the study and who also meet additional desired criteria (no gross non-compliance, no history of substance abuse, feasibility of delivering a 2-pool Kt/V of 1.4). The centralization of the administrative structure of the WSKC units, which extends through nursing, **dietetics**, social work, and technologists, and the centralized data gathering systems already in place, will greatly facilitate the coordination among units to complete the study. Appropriate technology to carry out high-efficiency dialysis is in place in each of the primary units. More than 80% of the dialysis stations in the primary units have volumetric UF controlled-machines capable of blood flows > 500 ml/min and dialysate flows of 800 ml/min. A dialyzer reuse program with excellent quality controls allows for use of high efficiency dialyzers which will be necessary to deliver the high-dose dialysis treatments.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: NUTRITION AND CVD PREVENTION FOR THE MEDICALLY UNDERSERVED**

Principal Investigator & Institution: Tobin, Brian W.; Basic Medical Sciences; Mercer University Macon Macon, Ga 312070001

Timing: Fiscal Year 2002; Project Start 05-APR-2000; Project End 31-MAR-2005

Summary: (adapted from abstract) The overall goal of this project is to develop, implement, and evaluate a medical education curriculum in nutrition and other aspects of cardiovascular disease (CVD) prevention and patient management with emphasis on the training of primary care physicians for medically underserved populations. The curriculum will be: 1) vertically integrated throughout all four years of undergraduate medical education including basic science, clinical skills, community science, and

clinical clerkships as well as residency training; 2) horizontally integrated to include allied health care training in **dietetics**, nursing, exercise physiology, and public health; and 3) designed as transportable modules adaptable to the curricula of other medical schools. The specific aims are: 1) to enhance the investigators' existing basic science problem-based Biomedical Problems Program with respect to CVD prevention through development of additional curricula in nutrition/diet/exercise and at-risk subpopulations; 2) to integrate into the Clinical Skills Program objectives for medical history-taking, conducting patient exams, diet/lifestyle counseling, and referrals to appropriate allied healthcare professionals that are specific to CVD prevention; 3) to enhance CVD components in the Community Science population-based medicine curriculum stressing the health-field concept model, community needs assessment, evidence-based medicine, and primary care issues in rural and medically underserved populations; 4) to enhance the CVD prevention and patient management component in existing 3rd and 4th year clinical clerkships with respect to nutrition/diet/exercise and socioeconomic issues, behavior modification and networking with allied health professionals; and 5) to integrate a nutrition/behavior change component into Graduate Residency Training in CVD prevention.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: PILOT STUDY--CLINICAL NUTRITION RESEARCH**

Principal Investigator & Institution: Chait, Alan; Professor of Medicine; University of Washington Grant & Contract Services Seattle, Wa 98105

Timing: Fiscal Year 2002

Summary: There is no text on file for this abstract.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: STAFFING COSTS AND BEHAVIORAL NUTRITIONAL INTERVENTIONS**

Principal Investigator & Institution: Simmons, Sandra F.; Medicine; University of California Los Angeles 10920 Wilshire Blvd., Suite 1200 Los Angeles, Ca 90024

Timing: Fiscal Year 2002; Project Start 01-SEP-2001; Project End 31-AUG-2006

Summary: (provided by applicant): The purpose of this NIA Career Development Award (CDA) application is to provide the investigator with the knowledge, analytical skills, and preliminary database to delineate the nursing home (NH) staff resources necessary to implement behavioral and environmental interventions to improve nutritional intake in NH residents. The proposed CDA will allow the investigator to receive training in three primary areas, each of which compliments her existing knowledge: (1) undernutrition in older adults, which will compliment her existing expertise in the health and associated quality-of-life issues facing the NH population; (2) cost analysis, and (3) operations-research modeling, both of which compliment her existing knowledge in research methodology and statistical analysis. This CDA application is designed to provide the investigator with the necessary knowledge and analytical skills to pursue her immediate career goal of refining and validating three methodological tools related to the development of behavioral and environmental interventions to improve nutritional status among NH residents: (1) a mealtime preference-satisfaction interview; (2) a nutritional assessment instrument to identify behavioral and environmental determinants of food intake; and (3) an evaluation tool to examine residents responsiveness to a behavioral and environmental intervention to improve intake and to assess the staff time required to implement the evaluation. The

proposed CDA program of training incorporates formal coursework and individualized tutorials to provide the investigator with the requisite knowledge and skills to accomplish her immediate career goals. Dr. David Reuben, a geriatrician and expert in nutritional issues among older adults, will serve as the investigator's sponsor and primary mentor. [Dr. Gail Harrison, a nutritionist and expert in nutritional assessment issues, will serve as a mentor in the development of the nutritional assessment tools.] [Dr. John Schnelle, a behavioral psychologist and expert in applied research, will serve as her mentor for the development, implementation, and evaluation of behavioral and environmental interventions in the NH setting. [Dr. Shan Cretin, a senior operations-research scientist at RAND,] will be her mentor in operations-research modeling, which will be used to project the NH staff resources necessary to implement the interventions; while, Dr. Emmett Keeler, a senior statistician at RAND, will provide training in cost analysis related to the interventions and the necessary staff resources. Such training will permit the investigator to pursue her long-term career goal of developing behavioral and environmental interventions to improve quality of life among the institutionalized elderly and determine the NH staff resources and the associated costs necessary to implement such interventions in the NH setting. Thus, the proposed CDA training would be central to the investigator's ability to develop as an independent scientist within her chosen area of gerontological research.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: WEB-BASED 5 A DAY EDUCATION FOR COLLEGE CAMPUSES**

Principal Investigator & Institution: Buller, Mary K.; President; Klein Buendel, Inc. Suite 190 Golden, Co 80401

Timing: Fiscal Year 2004; Project Start 01-MAY-2004; Project End 31-OCT-2004

Summary: (provided by applicant): Increasing physical activity and developing healthy eating habits, particularly eating more fruits and vegetables during adolescence, can help reduce chronic disease risk. However as adolescents grow older, activity levels decline and rates of obesity and overweight increase. Nationally, one in five college students is overweight and 73 percent do not eat the recommended five daily servings of fruits and vegetables. The transition from adolescence to young adulthood, specifically from high school to college, is a time when several health risk behaviors change. Resisting influences that lead to unhealthy lifestyles can be difficult, as young adults are often exposed to temptations without the protective influence of parents, guardians, or older siblings. Very few web-based tailored nutrition programs address this growing market segment. In this Phase I study, Klein Buendel, Inc. will establish the technical merit and feasibility of developing an interactive web-based program for innovative college student nutrition education based on the tenets of the national 5 A Day program for increasing fruit and vegetable consumption. The website will be accessed through University Student Health Services programs and have administrative components for program staff. For students, the website will motivate exceptional nutrition and physical activity behaviors during a critical transition from home dependence to campus independence. 5 A Day on Campus will be modeled after Klein Buendel's active 5 A Day at Work web program for worksite wellness staff and employees (CA86552). Phase I paper prototypes will be designed using the American College Health Association's Healthy Campus 2010 objectives, the national Healthy People 2010 objectives for nutrition and physical activity, and select behavior change theories. Klein Buendel will partner with the Produce for Better Health Foundation and administrators from the Student Health Services of five colleges/universities in Arizona, California and Colorado for content and implementation expertise. In Phase II, KB's

multimedia developers will employ leading edge customized features to develop an imminently marketable product for the nation's 10,000 institutions of higher education. In Phase III, 5 A Day on Campus will be licensed and distributed by the Produce for Better Health Foundation and the American College Health Association.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

The National Library of Medicine: PubMed

One of the quickest and most comprehensive ways to find academic studies in both English and other languages is to use PubMed, maintained by the National Library of Medicine.³ The advantage of PubMed over previously mentioned sources is that it covers a greater number of domestic and foreign references. It is also free to use. If the publisher has a Web site that offers full text of its journals, PubMed will provide links to that site, as well as to sites offering other related data. User registration, a subscription fee, or some other type of fee may be required to access the full text of articles in some journals.

To generate your own bibliography of studies dealing with dietetics, simply go to the PubMed Web site at <http://www.ncbi.nlm.nih.gov/pubmed>. Type "dietetics" (or synonyms) into the search box, and click "Go." The following is the type of output you can expect from PubMed for dietetics (hyperlinks lead to article summaries):

- **1995 Commission on Dietetic Registration Dietetics Practice Audit.**
Author(s): Kane MT, Cohen AS, Smith ER, Lewis C, Reidy C.
Source: Journal of the American Dietetic Association. 1996 December; 96(12): 1292-301.
Erratum In: J Am Diet Assoc 1997 May; 97(5): 472.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=8948396
- **1995 JCAHO standards: development and relevance to dietetics practice.**
Author(s): Krasker GD, Balogun LB.
Source: Journal of the American Dietetic Association. 1995 February; 95(2): 240-3.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=7852696
- **2000 Commission on Dietetic Registration Dietetics Practice Audit.**
Author(s): Rogers D, Leonberg BL, Broadhurst CB.
Source: Journal of the American Dietetic Association. 2002 February; 102(2): 270-92.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11846126
- **2002 accreditation standards for dietetics education.**
Author(s): Bruening KS, Mitchell BE, Pfeiffer MM.
Source: Journal of the American Dietetic Association. 2002 April; 102(4): 566-77.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11985420

³ PubMed was developed by the National Center for Biotechnology Information (NCBI) at the National Library of Medicine (NLM) at the National Institutes of Health (NIH). The PubMed database was developed in conjunction with publishers of biomedical literature as a search tool for accessing literature citations and linking to full-text journal articles at Web sites of participating publishers. Publishers that participate in PubMed supply NLM with their citations electronically prior to or at the time of publication.